

## Caterpillar (Team Event)

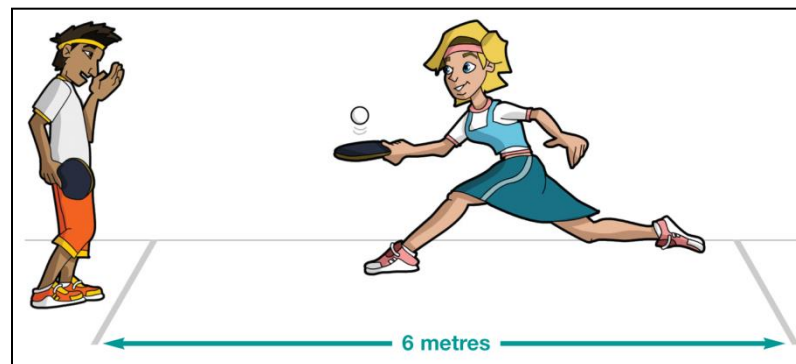
- 4 players in a team, each with one racket and one ball for the whole team
- The team lines up behind each other holding rackets forehand grip
- First player **BALANCES** the ball on the racket and passes it to the next team member (without the ball bouncing or dropping the ball). This continues until 4<sup>th</sup> player in the team of 4.
- The 4<sup>th</sup> team player, balancing the ball on the racket walks from the end of the queue/line to the front of the queue/line and passes it to the now first player in the queue.
- This continues until time runs out
- **TIME LIMIT: 1 MINUTE and 30 SECS**



4 Rackets and 1 ball per team  
Cones/Markers

## Bouncer backhand shuttle run (Team Event )

- 4 players in a team, each with one racket and one ball for the whole team
- 6 metres length marked out
- Players must travel up and back bouncing the ball on the backhand side of the racket from one end of the 6 metre mark to the other.
- The first player gets back to the start line and passes it to the second player and they travel and bounce the ball at the same time.
- This continues until time runs out.
- **TIME LIMIT: 1 MINUTE and 30 SECS**



4 rackets and 1 ball per team  
 Cones/Markers  
 Measuring tape

## Target Table Tennis (Individual)

- On the Table Tennis table an adult serves the ball to the player at the other end of the table.
- Players must aim to hit the served ball on the forehand side (ideally forehand drive) and aim for a target on the other side of the table.
- The target is a bucket on a piece of paper and the player aims to either hit the piece of paper or the bucket.
- TIME LIMIT: 1MINUTE and 30 SECS

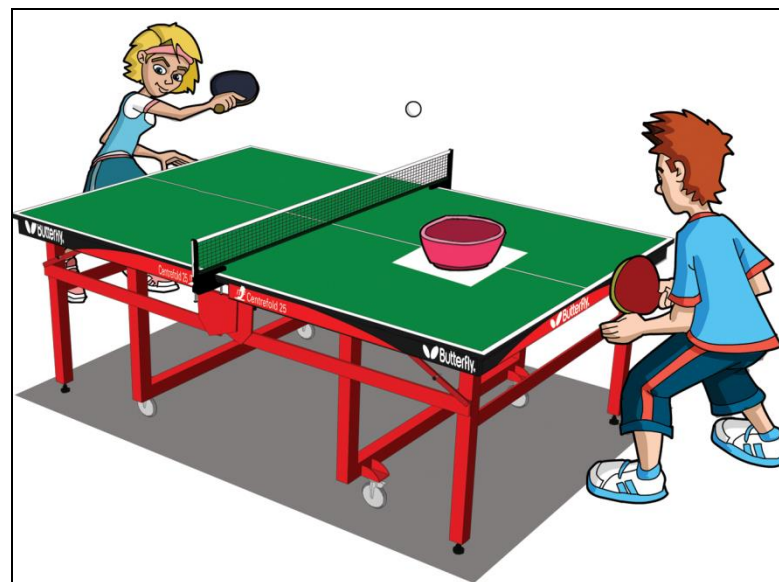


Table Tennis table and Net  
 2 Rackets  
 Balls  
 Bucket & piece of paper

## Keep the rally going (Individual)

- On the Table Tennis table an adult serves the ball to the player at the other end of the table.
- The player must keep the rally going using the backhand push stroke.
- **TIME LIMIT: 1 MINUTE and 30 SECS**

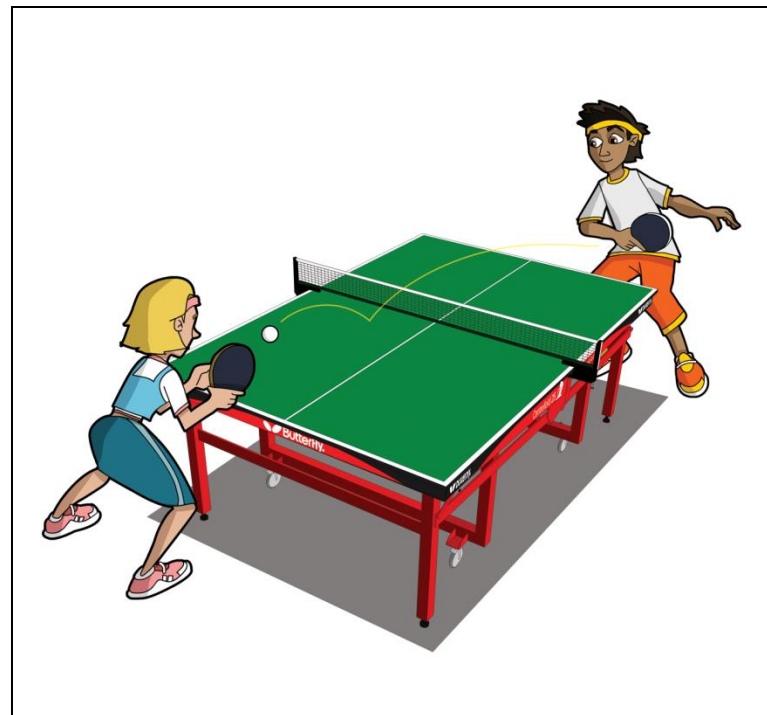


Table Tennis table and Net  
2 Rackets  
Balls

Photo/diagram of equipment and players in action

- **HOW ?**
- Reliable Rallies – in teams of 4 an adult feeder delivers a regular ball off the wall to 4 players.
- Each player takes it in turns to return the ball off the wall to the adult, one by one.
- **TIME LIMIT: 1 MIN and 30 SECS.**

- **PHOTO/DIAGRAM**

**EQUIPMENT**

Rackets, Mini Squash Wall and ball

**SQUASH**

## Squicket

Photo/diagram of equipment and players in action

- HOW?
- Squicket – in teams of 4 , playing against 2 helpers see how many runs the team can score off of 3 hits each. Object – helper throws ball against net for team member to hit against net and attempt to run to a cone for one run .

- PHOTO/DIAGRAM

## EQUIPMENT

Racket , Mini Squash Wall , ball and cones

SQUASH

## WALL RALLIES

Photo/diagram of equipment and players in action

- HOW?
- Number of times one player can serve/hit a ball against the mini squash wall/a wall over the service line or equivalent.
- TIME LIMIT: 1MINUTE and 30 SEC.

- PHOTO/DIAGRAM

### EQUIPMENT

Racket , Mini Squash Wall and ball



## TARGET WALL

Photo/diagram of equipment and players in action

- HOW ?
- To hit a ball off the wall to a specified target box area marked (on the floor???) the approx. size of a double A3 piece of paper
- (10 attempts)
- TIME LIMIT: 1MIN and 30 SECS..

- PHOTO/DIAGRAM

## EQUIPMENT

Racket, ball , mini squash wall and targets



Name of individual skill/activity

Photo/diagram of equipment and players in action

## Rally Tennis – Team (Most continuous hits)

- Coaching points
  - Ready position
  - Fast feet in line, ready to move
  - Coach feeds ball over net, player hits back, then next player replaces first player and hits same ball back
  - Feed to forehand, easy cross court-shots
  - TIME LIMIT 1MIN and 30 SECS



### EQUIPMENT

- Balls
- Rackets
- Cones
- Net

TENNIS

Name of individual skill/activity

Photo/diagram of equipment and players in action

## Tap up Tennis – Ind/pairs

### Coaching points

- Ready position
- Correct grip (finger nails to sky)
- Medium size bounces on racket
- Control over pace
- Keep feet moving small steps

TIME LIMIT: 1 MIN and 30 SECS



### EQUIPMENT

- Ball
- Rackets
- Lines/net

TENNIS

Name of individual skill/activity

Photo/diagram of equipment and players in action

## Floor Tennis (Pairs)

### Coaching Points

- Ready position
- Ball hit through cones/stopped hit back
- Ball hit sideways on
- Most completed rallies in timed slot
- Players working together
- TIME LIMIT: 1MIN and 30 SECS



### EQUIPMENT

- Cones
- Balls
- Racquets

TENNIS

Name of individual skill/activity

Photo/diagram of equipment and players in action

## Target Tennis (Indiv.)

### Coaching Points

- Ready position
  - Aim racquet face towards targets
  - Stroke goes from low to high
  - Can be hand fed ball or rally ball by adult coach
- **TIME LIMIT: 1MIN and 30 SECS.**



### EQUIPMENT

- Cones
- Net (can use lines)
- Balls
- Racquets

# The Flip

## Explanation

- Hold racket using forehand grip – this will be demonstrated by the coach on the court
- Place shuttle sideways onto racket face
- Spread out
- Keeping the racket level, gently flip up racket flipping the shuttle into the air
- Continue for as long as possible, how many can you do?

## Scoring

- One point scored for every flip counting continuously

## Note

- This activity will be timed

Kit Required:  
Racket and  
shuttle each





# Target Practice

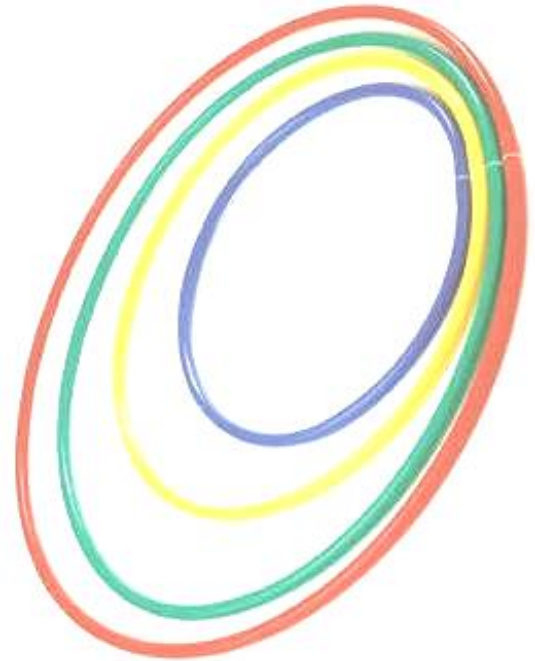
## Explanation:

- Coach hand throws the shuttle for each person to enable them to hit shuttle into hoop – demonstration by coaches
- Player stands behind the net with racket facing forwards and raised in air
- The shuttle will be thrown up in the air for the person to hit the shuttle in an overhead action
- Players rotate

## Scoring:

Five points are scored for each shuttle which land in the inner hoop and two points are scored for each shuttle which land in the large hoop.

Shuttles must land and stay within target areas to score points.



## Kit Required:

2 rackets

4 hoops

12 shuttles

# Beat The Coach

## Explanation

Players stand in a line behind each other

Coach hits shuttle up to first player

Player hits shuttle back overhead

Once that player has hit the shuttle back he/she goes to the back of the line

Then the next person has a turn

As players get better at hitting the shuttle the game will get faster

## Safety Issue

All players will pass to the right – coach will advise

Kit Required:

1 shuttle

Racket each



# Rallying

## Explanation

Rally with a partner while getting expert coaching tips to improve your game

Try to keep the rally going for as many shots as possible

Kit Required:

1 shuttle between 2

Racket each

# Hoop Rally

## Explanation:

**A** and **B** participate in the activity first

**A** serves through hoop, **B** returns the serve through the hoop, **A** catches the return.

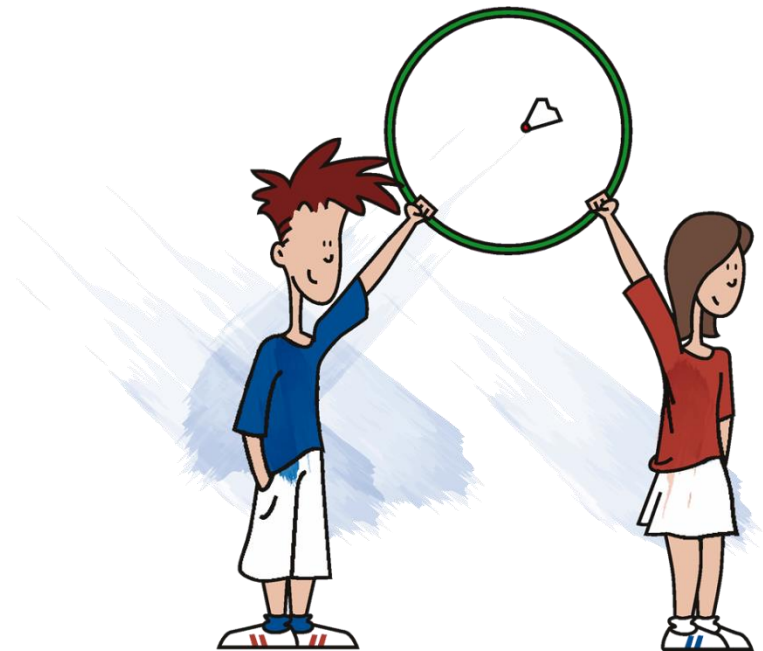
Following six serves, **A** and **B** swap positions, so **B** now serves to **A** who returns the serve to **B**

After six serves, **C** and **D** take their place and the cycle repeats as above.

## Scoring:

One point is scored for each serve that passes through the hoop

Two points are scored if the shuttle is served and returned



BADMINTON

